

January, 2017



Love to Swim, Swim for Safety, Swim for Life!

Newsletter

Nepean Aquatic Centre

Eva Bory's Swim School

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Dear Customers - Welcome Back!

We trust that you all had a wonderful Christmas with your families! As we head into 2017 and more warm weather, please make your New Years resolution to focus on pool and water safety, and keep in mind the Kids Alive guidelines.

1. Fence the pool
2. Shut the Gate
3. Teach your kids to swim!
4. Supervise
5. Learn how to resuscitate



We look forward to seeing everyone back at the pool this month - settle back into the routine before the year takes off!

Congratulations to Bianca Moss (NAC) & Marissa McGregor (EB)
~ Winners of our December Lucky Draw!

WE ARE OPEN AUSTRALIA DAY!

Come and celebrate Australia Day at Nepean Aquatic Centre - 26th Jan 2016 - with some family fun! Giant whale inflatable, FREE sausage sizzle (while stocks last) and much more!



Learn To Swim lessons will run as usual.

Consistency is very important when learning to swim, so we encourage you to attend your usual lesson, but you also have the option to cancel that lesson and book a make up by the end of February.

SCHOOL HOLIDAY SPECIAL!

Accelerate your child's learning with a 1 or 2 week intensive swimming program at NAC in the next school holidays, from January. Week 1 runs from 9 - 13 January, Week 2 runs from 16 - 20 January. Choose to take part in the program for 1 or both weeks! Classes are available for our Squids, Platypus, Stingrays and Dolphins classes. Sharks may attend the Dolphins class.

1 week - \$65 OR 2 weeks - \$120

Please see reception for more details or to make a booking!

Congratulations to all of our Christmas competition winners! Please visit our website to see winners and entries!

Swimming Lessons - A gift for life!

Forget someone at Christmas, or have a birthday gift to buy? A gift voucher can be used for Swimming Lessons or any other products & services available at either centre, and are still available in amounts of \$50 & \$100. *Enquire at reception.*

Beat the heat and get in shape!

Looking for something fun and active to do with the children this school holidays? Remember we are open every day for Public Swimming at Nepean Aquatic Centre and Monday to Friday at Eva Bory's. Come and swim some laps, walk in the water, go through your own exercise program or just bring the kids in for a splash around - it's great fun and good exercise.

Or why not try Aquarobics to get in shape after Christmas? Aquarobics is one of the highest fat burning exercise options available, without the impact of working out on land. We have a variety of classes including Aquarobics, Deep Water and Aquanatal.

Timetables are available at reception and on the website!



Going to Big School?

If you are currently booked in to a weekday morning class and have children going off to Big School, now is the best time to change to an afternoon or weekend class. Our busiest time of the year is here and spots are filling up fast. Changing your booking now will increase your chances of getting your preferred time / day / teacher.

NEW SEASON SPEEDO SWIMWEAR now in stock!
Great prices, endurance (chlorine resistant) fabric.
Toddlers, boys, girls, men's & ladies sizes available!



The Benefits of Multiple Lessons per Week

Why would you want your child to do multiple lessons per week?

The simple answer is the more time spent in the water means the faster they will learn the skills. Basically it's real swimming time, and the more of this we can give a student, the better. Do 2 lessons per week and you're doing 2 months worth of lessons every month, do 3 lessons you're doing 3 months, etc. At the lower levels this will help your child to progress to the next level and at higher levels it helps to learn and improve the new strokes quicker.

Other benefits of multiple lessons per week are that your child is getting fitter with extra exercise, they are preparing for school swim carnivals with extra practice and they are improving their stamina in preparation for Squads or Kids Swim 4 Fitness.

The main barrier to doing extra lessons is the cost, so we have changed the pricing for multiple lessons! The discount for a 2nd weekly lesson is now 40%, the 3rd & 4th lesson is discounted by 50%, and the 5th lesson per week is discounted by 73%! Enquire at reception.



MAKE YOUR NEW YEARS RESOLUTION to LIKE us on Facebook for 2017!
www.facebook.com/NepeanAquaticCentreandEvaBorys



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